BIBLIOGRAPHY OF USTCA QUARTERLY ARTICLES FEBRUARY 1964 THROUGH OCTOBER 1969

SPRINTS

Bibbs, James, "Some Fundamentals of Good Sprinting," October, 1969, p. 43.

Wagner, Berny, "A Summary of Starting," June, 1969, p. 60.

Sevinge, Frank, "Sorinting," March, 1969, p. 19.

Wilt, Fred, "Notes on Sprinting," January, 1968, p. 28.

Badar, Norbert, "Training for the Sprints," December, 1966, p. 27.

Dintiman, Dr. George, "Increased Running Speed Through Flexibility and Weight Training," December, 1965, p. 45.

Soence, Dale W., "The Art of Track Starting," October, 1965, p. 19.

Jesse, J.P., "Explosive Strength for Sprinters," February, 1965, p. 21.

Jordon, Payton, "Sprinting and Training for Runners," October, 1964, p. 51.

HURDLES

Covey, Bob, "The High Hurdles - Training and Technique," March, 1969, p. 27.

Krieger, Carl, "Check List for High Hurdle Coaching," March, 1967, p. 77.

May, Joe, "Intermediate Hurdles," March, 1967, p. 36.

Sportsman, Choc, "The 440 Yard Intermediate Hurdles," October, 1966, p. 66.

Maughan, Ralph B., "The 120 Yard High Hurdles," October, 1966, p. 60.

Towns, Forrest, "The Double Arm Action in Hurdling," June, 1966, p. 12.

Pina, Wallace, "Teaching Techniques with Beginning Hurdlers," October, 1965, p. 65.

Powell, Dr. John, "How to Introduce Hurdling," October, 1965, p. 60.

Jesse, J.P., "Explosive Power and Muscle Stamina for the Hurdler,"
February, 1965, p. 31.

Stauffer, Jerry, "Hurdling Opinions," April, 1964, p. 48.

Snyder, Larry, "Intermediate Hurdlers," April, 1964, p. 40.

RELAYS

Wright, Stan, "Sprint Relay Passes," October, 1969, p. 19.

Wolfe, Vern, "Relay Exchanges," March, 1969, p. 24.

Brodt. Mel. "Relay Racing," January, 1968, p. 44.

Morriss, John, "Relay Racing," June, 1967, p. 40.

Morris, John W., "Relay Racing, February, 1965, p. 72.

Walker, L.T., "Relay Racing Techniques," February, 1964, p. 67.

MIDDLE DISTANCE

Von Ruden, Tom and Metcalf, Jim, "440, 880 and Mile Training at Oklahoma State University Under Ralph Higgins," October, 1969, p. 31.

DISTANCE AND CROSS COUNTRY

Raymond, Doug, "Distance Running," October, 1969, p. 27.

Monberry, Jack and Lindgren, Gerry, "Distance Running," October, 1969, p. 52.

Lucas, John A., "The Mile of the Century - 1939 Princeton Invitational Games," June, 1969, p. 11.

Lucas, John A., "The Professional Marathon Craze in America, 1908-1909," December, 1968, p. 31.

Markarov, A., "Training for Middle and Long Distance Running," October, 1968, p. 13.

Tidwell, Bill and Miller, Dan, "Cross Country Scoring by Computer," January, 1968, p. 23.

Hessel, Del, "Survey of Middle Distance Runners," October, 1967, p. 55.

Timmons, Bob, "Selected Workouts of Jim Ryun," December, 1966, p. 11.

Waha, Bruce, and Briner, Robert, "Cross Country Program," June, 1966, p. 15.

Weiland, Jerome and O'Hara, Tom, "Remarks on Distance Running," October, 1965, p. 29.

- Wilt, Fred, "Comments on Running," June, 1965, p. 60.
- Huntsman, Stan, "Distance Running," February, 1965, p. 62.
- Epskamp, Robert, "Observations on Distance Running," April, 1964, p. 73.
- Truex, Max, "My Views on Distance Running," April, 1964, p. 13.
- Doherty, J. Kenneth, "Role of the Coach in Distance Running," February, 1964, p. 56.
- Clark, Marshall, "High School Cross Country," February, 1964, p. 46.

SHOT PUT

- Huyck, Bill, "Shot Put and Discus Fundamentals," March, 1967, p. 44.
- Harvey, Gordon, "Pre-Season and Early Season Shot Put and Weight Training," December, 1966, p. 19.
- Hartzog, Lew, "The Shot Put with George Woods," October, 1966, p. 68.
- Thomas, Charlie, "The Training Techniques of Randy Matson," December, 1965, p. 21.
- Jesse, J.P., "New Approach to Shot Put Strength Training," October, 1965, p. 49.
- Healey, Joe, "Weight Training and Shot Put," April, 1964, p. 52.
- Long, Dallas, "The Shot Put," February, 1964, p. 28.

DISCUS

- Thomas, Robert, "Variables in the Discus Throw," May, 1968, p. 37.
- Maughan, Ralph, "Discus Throwing Technique," October, 1967, p. 40.
- Huyck, Bill, "Shot Put and Discus Fundamentals," March, 1967,
- Powell, Dr. John T., "Danek's Discus Delivery," December, 1966, p. 32.
- Ganslen, Dr. Richard, "Aerodynamic Forces in Discus Flight," December, 1966, p. 17.
- Jesse, J.P., "A New Look at Strength Development for Discus Throwers," June, 1966, p. 23.
- Kennicon, James L., "A Training Program for Discus and Javelin Inrowers," February, 1965, p. 26.

Robison, Clarence, "Discus Throwing," October, 1964, p. 61.

Cooper, Carl W., "The Discus Throw," February, 1964, p. 64.

JAVELIN

Tucker, Ed., "The Javelin - Finnish Style," October, 1969, p. 61.

Kehoe, Jim, "The Training of Frank Costello," June, 1966, p. 9.

Lambert, Thomas, "A Mechanical Analysis of the Ideal Approach to the Javelin Throw," October, 1965, p. 75.

Kennison, James L., "A Training Program for Discus and Javelin Throwers," February, 1965, p. 26.

McWilliams, Jay, "Training and Development of the College Javelin Thrower," February, 1965, p. 28.

"Olympic Games Javelin Approval," April, 1964, p. 6.

HAMMER THROW

Russell, Thomas G., "Hammer Throwing Techniques," October, 1969, p. 36.

Felton, Samuel M., Jr., "Hammer Throwing Technique, 1966,"
October, 1966, p. 25.

Wilt, Fred, "Teaching Progressions for Beginning Hammer Throwers," June, 1965, p. 48.

LONG JUMP

Jokl, Ernst, "A Report on Bob Beamon's World Record Long Jump and His Subsequent Collapse at Mexico City," October, 1969, p. 39.

Lowe, Jack, "Long Jump," June, 1969, p. 17.

Spencer. Gordon, "Let's Take a Look at the Long Jump," October, 1968, p. 9.

Crakes, Dr. James G., "The Long Jump with Ranier Stenius," October, 1966, p.51.

Jesse, John P., "Weight Training for Long and Triple Jumpers," October, 1966, p. 44.

Fraiser, Jerry, "The Mechanics of the Long Jump," October, 1965, p. 57.

Dittrich, F.C., Jr., "Pointers in Broad Jumping," April, 1964, p.37.

TRIPLE JUMP

Oda, Mike, "Triple Jump," December, 1968, p. 29.

- Horn, Darrell, "Fine Points of the Triple Jump," December, 1968, p. 25.
- Jesse, John P., "Weight Training for Long and Triple Jumpers," October, 1966, p. 44.
- Parks, Robert C., "Training Beginners for the Triple Jump," October, 1966, p. 55.
- Davis, Ira, "The Hop, Step and Jump," April, 1964, p. 26.

HICH JUMP

- Wagner, Berny, "The High Jump," March, 1969, p. 35.
- Dankworth, Richard T., "The High Jump and Otis Burrell," October, 1966, p. 71.
- Wolfe, Vern, "High Jumping with Lew Hoyt," April, 1964, p. 32.
- Raymond, Douglas, "High Jumping," October, 1964, p. 75.

POLE VAULT

- Penn State University Department of Public Information, "Take-Off Velocity and the Pole Vault," October, 1968, p. 6.
- Mitchell, John T., The World's First 16' High School Vaulter," December, 1965, p. 29.
- Olson, Tom, "Demonstration of Fibre Glass Pole," June, 1965, p. 53.
- Pikulsky, Theodore T., "Fibre Glass Vaulting," February, 1965, p. 58.
- Tuppeny, Jim, "Glass Pole Vaulting," February, 1965, p. 45.
- Crowell, Carleton R., "ICAAAA Result of Pole Vault Questionnaire," February, 1965, p. 38.
- Potts, Frank, "Fibre Glass Pole and Vaulting," October, 1964, p. 56.
- Jesse, J.P., "Weight Training for Pole Vaulters," April, 1964, p. 19.
- Morris, Ron, "The Pole Vault," February, 1964, p. 37.

DECATHLON AND PENTATHLON

- Daniels, Jack, "The Modern Pentathlon," December, 1965, p. 71.
- Sylvia, Alfred, "A Decathlon for High School and College," December, 1965, p. 69.
- Wotruba, Richard, "Training for the Decathlon," October, 1965, p. 70.

WEIGHT TRAINING

- Parks, Robert C., and Kazys Jankauskas, "The Effect of Weight Training Performance of Young College Trackmen in Spring, Strength, Speed and Endurance," June, 1969, p. 46.
- Scoles, Gordon, "Development of a Sound Weight Program," October, 1968, p. 18.
- Harvey, Gordon, "Pre-Season and Early Season Shot Put and Weight Training," December, 1966, p. 19.
- Ewing, George W., "Exercise by the Pound," October, 1966, p. 39.
- Jensen, Dr. Clayne, "The Significance of Strength in Athletic Performance," June, 1966, p. 32.
- Mahany, Richard, "A General Introduction to Weight Training," June, 1966, p. 18.
- Dintiman, Dr. George, "Increasing Running Speed Through Flexibility and Weight Training," December, 1965, p. 45.
- Hughes, Eric, "Effect of Isometric and Weight Lifting Exercises on Strength, Endurance and Measurements," December, 1965, p. 42.
- Lewis, Harley, "Pre-Season Training in the Weight Event," October 1965, p. 46.
- Jesse, J.P., "Strength Development for Track & Field," October, 1964, p. 21.
- Healey, Joe, "Weight Training and Shot Put," April, 1964, p. 52.
- Jones, J.P., "Weight Training for Runners," February, 1964, p. 21.
- Wolfe, Vern, "Isometrics in Track and Field," February, 1964, p. 13.
- Chambers, Bob, "Isometrics Pros and Con," February, 1964, p. 9.
- Wilt, Fred, "Track and Field Mechanics," February, 1964, p. 50.

PHYSIOLOGY AND RESEARCH

- Gardner, James and Purdy, J. Gerry, "A Computerized System for Running Training," October, 1969, p. 6.
- Cooper, John M. and Doherty, J. Kenneth, "A National Program of Research in Track and Field," June, 1969, p. 55.
- Moore, Steve, "Body Levers and Reciprocal Innervation Their Importance to the Athlete," June, 1969, p. 52.
- Jacoby, Edward G., "Physiological Impllications of Interval Training," Part I, March, 1969, p. 40; Part II, June, 1969, p. 28.

- Twombly, Wells, "Jogging and Socrates-It-To-Me," June, 1969, p. 7.
- Cooper, John M. and Doherty, J. Kenneth, "A National Program of Research in Track and Field," December, 1968, p. 11.
- Kahler, Robert W., "The Influence of Cold Applications Upon Running Performance," December, 1968, p. 56.
- Leibee, Howard C., "The Effect of Athletic Participation Upon the Heart," December, 1968, p. 16.
- Pyke, Frank S., "Dehydration and the Athlete," December, 1968, p. 50.
- Plagenhoef, Stanley, "A Kinetic Analysis of Running," October, 1968, p. 56.
- Coffin, Ken, "A Comparative Study of Negro and White Athletes," October, 1968, p. 24.
- Hackett, Dr. George, "Breathing Disturbances of Athletes The Remedy," October, 1968, p. 21.
- Jensen, Dr. Clayne, "The Controversey of Warm-Up," May, 1968, p. 7.
- Lawson, Bob, "Jogging for Health," January, 1968, p. 49.
- Warner, Jack, "Circuit Training for Track and Field," January, 1968, p. 37.
- Neuberger, Tom and Briner, Robert, "Stretching Exercises to Improve Performance and Eliminate Injuries," January, 1968, p. 40.
- Doherty, Ken, "Power and Momentum in the Field Events," October, 1967, p. 29.
- Higgins, Ralph, "Drills for Fatigue Recovery," October, 1967, p. 48.
- Spindler, John, "The Physiological Basis of Interval Training," Part I, December, 1966, p. 43; Part II, March, 1967, p. 28.
- Higgins, Ralph, "Pre-Competition Relaxation Drills," March, 1967, p. 54.
- Carter, J.E. Lindsay, "Somatotypes of Collegiate and Olympic Distance Runners," December, 1966, p. 36.
- Jokl, Dr. Ernest, "The Future of Athletic Records," June, 1966, p. 77.
- Powell, Dr. John T., "The Implications and Applications of Circuit Training," June, 1965, p. 38.
- Rose, Dr. Kenneth D., "A Study of Heart Function in Athletes," February, 1965, p. 12.

- Staikov, Ivan, "Training Schedules for High Altitude Acclimatization," May, 1968, p. 12.
- Potts, Frank, "Running at High Altitude," January, 1968, p. 26.
- Mach, Richard and Favour, Dr. C.B., "Training and Racing at Altitude," June, 1967, p. 16.
- Lucas, Dr. John, "Summary of Altitude Research," March, 1967, p. 57.
- Olds, Dr. L.W., "Observations of the Effect of High Altitude on Athletic Performance," December, 1966, p. 24.
- Robinson, Sid, "Performance at High Altitude," October, 1966,p. 20.
- Arnesen, Arne, "The Comparison in Cross Country Between Altitude and Sea Level Races," June, 1966, p. 35.
- Penn State University, "Altitude Stress Research in the Peruvian Mountains," October, 1966, p. 9.
- Associated Press Release, "Altitude Study Takes New Twist," December, 1965, p. 68.
- Arnesen, Arne, "Comparison of Performance at Sea Level and Above 5,300 Feet," December, 1965, p. 65.

PSYCHOLOGY AND RESEARCH

- Cooper, John M. and Doherty, J. Kenneth, "A National Program of Research in Track and Field," June, 1969, p. 55.
- Ryan, Dr. F.J., "Some Aspects of Athletic Behavior," December, 1968, p. 37.
- Wotruba, Richard T. and Golden, Dennis, "The Importance of the Coach-Athlete Relationship, December, 1968, p. 21.
- Mach, Richard S., "Towards Identifying the Track and Field Competitor," October, 1968, p. 40.
- Russell, Fred, "What Makes a Champion?", March, 1967, p. 74.
- Kahler, Dr. Robert, "A Contrast of Gestalt and Association Theories," March, 1967, p. 70.
- Wotruba, Richard, "Coaching and Personality Development," June, 1966, p. 65.
- Tutko, Dr. Tom and Ogilvie, Dr. Bruce, "Psychological and Emotional Makeup of a Champion," December, 1965, p. 32.
- Luke, Brother G., "Stimulating Interest in Track and Field," October, 1965, p. 23.

- Kessler, Raymond T., "Motivation for Track and Field Athletics," October, 1965, p. 17.
- Ogilvie, Dr. Bruce, "Identification of Emotional Differences in Athletes," October, 1964, p. 38.
- Tutko, Dr. Thomas, "Techniques for Handling Track Men," October, 1964, p. 31.

FACILITIES

- "Suggested Specifications For An Asphalt-Rubber Sand Surfacing for Track and Field Event Runways," May, 1968, p. 30.
- Brodt, Mel, "All Weather Surfaces for Track and Field Facilities," October, 1966, p. 76.
- Eastern Rock Products, Inc., "How to Build a Running Track Using Corkarpet Track Mix Surfacing," June, 1966, p. 69.
- Westervelt, Sheldon, "Those Existing Rubber Tracks How Have They Been Working Out?", October, 1965, p. 13.

OLYMPICS

- Bowerman, Bill, "United States Olympic Altitude Training," March, 1969, p. 10.
- Jordan, Payton, "Report of Activities as Head Coach of Track and Field Team for the Olympic Games in Mexico," March, 1969, p. 8.
- Giegengack, Robert, "Review of 1964 and Preview of 1968 Olympic Games," May, 1968, p. 33.
- Bowerman, W.J., Chairman, "Preliminary Report on 1967 Olympic Development Program," January, 1968, p. 16.
- Mexican Olympic Committee, "The Olympics," June, 1967, p.12.
- Haydon, Ted, "Films and Comments on the 1965 Mexico Pan-American Games," June, 1965, p. 12.
- "Olympic Track and Field Program," February, 1964, p. 7.
- "1964 Olympic Qualification Standards," February, 1964, p. 6.

SUMMER PROGRAMS

- Greer, Harv, "A Summer Track Program," June, 1969, p. 22.
- Newland, Robert, "Oregon Summer All-Comers Track Meet Program," June, 1967, p. 48.
- Newland, Robert, "Organizing Summer Track Meets," October, 1964, p. 66.

NCAA - AAU - USTFF

- Sports Arbitration Panel, "Sports Arbitration Board Opinion and Decision Pursuant to Senate Resolution 147," June, 1968, p. 27.
- Crowley, Rev. Wilfred H., "USTFF Report to the Membership,"
 June, 1968, p. 16.
- "USTFF-NCAA Reject Decision," (Newspaper Article), June, 1968, p. 6.
- Crowley, Rev. Wilfred, "Toward the Proper Administration of Track and Field," May, 1968, p. 23.
- Crowley, Rev. Wilfred, "Report to Members of the U.S. Track and Field Federation," January, 1968, p. 9.
- "U.S.T.F.F. Policy Position," October, 1964, p. 9.
- "Revised Constitution and By-Laws," February, 1964, p. 73.
- "N.C.A.A. All-American Team," February, 1964, p. 71.
- "Special N.C.A.A. Report," February, 1964, p. 70.
- Plant, Marcus, "Letter to the Honorable Warren G. Magnuson from the NCAA President," June, 1968, p. 10.
- USTFF/NCAA, "Summary of Sports Arbitration Board's Decision,"
 June, 1968, p. 8.
- Byers, Walter, "Open Letter from NCAA Executive Director," June, 1968, p. 7.
- Davis, Dr. William, "The Extra Dimension Keynote Address,"
 January, 1968, p. 55.
- Zimmerman, Paul, "Los Angeles Times Sports Editorial," January, 1968, n. 8.
- "Minutes of Annual USTCA Meeting, Bloomington, Indiana," June, 1967, p. 61.
- "Press Release, USTCA," June, 1967, p. 10.
- Crowley, Rev. Wilfred, "Comments on AAU Press Release Regarding Jim Ryun's Record in the 880," June, 1967, p. 8.
- Lieberman, Seymour, "The School Oriented Track and Field Club," March, 1967, p. 66.
- Canham, Don, "Report on Track and Field Arbitration Meetings," March, 1967, p. 23.
- "Rules and Record Changes," December, 1965, p. 18.
- "Preliminary Draft of Revised Constitution," December, 1965, p. 8.

"NCAA Track Rules Committee Report," October, 1965, p. 11.

Canham, Don, "Panel Discussion," June, 1965, p. 65.

"Minutes of the Annual Meeting, Eugene, Oregon, June 19, 1964,"
June, 1965, p. 7.

"Press Release," February, 1965, p. 6.

"1964 All-American Track and Field Team," October, 1964, p. 78.

"NCAA Rules Committee Report," October, 1964, p. 11.

"Press Release," October, 1964, p. 6.

"Membership Information," April, 1964, p. 79.

Snyder, Larry, "Press Release," April, 1964, p. 78.

"News Release," April, 1964, p. 12.

"Proposed Indoor Track and Field Schedule, 1965," April, 1964, p. 11.

"1964 Outdoor Track Championships," April, 1964, p. 10.

"Time Schedule of Events - Outdoor Championships," April, 1964, p. 9.

"Information on U.S.T.F.F. National Outdoor Championships," April, 1964. p. 8.

"Program for N.C.T.C.A. Meeting, Eugene, Oregon," April, 1964, p. 7.

"Minutes of Annual Meeting," February, 1964, p. 77.

Kheel, Theodore W., "Response of the Sports Arbitration Board," June, 1968, p. 63.

Magnuson, The Honorable Warren G., "Letter to the President of the NCAA," June, 1968, p. 62.

"Corrections Requested in Text of Sports Arbitration Board," June, 1968, p. 57.

TRAINING, DIET, ETC.

Thompson, Clint, "A Brief Evaluation of Certain Athletic Dietary Practices," June, 1969, p. 43.

Costill, Dr. David, "Understanding Muscle Soreness," October, 1967, p. 44.

David, Dr. Norman A., "Use of Dimethylsulfoxide (DMSO)," December, 1965, p. 55.

Asprey, Gene, "Effect of Eating Upon Performance in the Mile Run," December, 1965, p. 52.

- Cooper, Dr. Donald, "Nutrition and Athletics," March, 1967, p. 48.
- Murray, Dr. R.A., "Track and Field Injuries," October, 1964, p. 44.
- Grant, Arthur, "The Ice Treatment for Pulled Muscles," October, 1964, p. 13.
- "High School Coaches Panel Discussion," April, 1964, p. 63.

MISCELLANEOUS

- Rose, Jack, "Optimum Performance as the Basis for the Administration of Track and Field Meets," October, 1969, p. 50.
- McCoy, Ernest B., "Athletic Competition Where Are We Headed?", March, 1969, p. 52.
- Jordan, Payton, "Stanford University Athletic Department Letter,"
 January, 1968, p. 14.
- Wilt, Fred, "In Defense of the American Track Coach," December, 1968, p. 8.
- Lieberman, Seymour, "Physical Fitness for the Track Coach," January, 1968, p. 62.
- Easton, Bill, "Problems of Track and Field," June, 1967, p. 25.
- Doherty, J. Kenneth, "Some Suggestions for the Conduct of USTCA Clinics," June, 1966, p. 73.
- Kurtzman, Joseph, "The Need for the Implementation of a Master's Degree in Coaching Science," June, 1966, p. 48.
- Doherty, J. Kenneth, "A Better Future for United States Track and Field," June, 1966, p. 39.
- Spendler, John, "Views from Foreign Coaches on Training," October, 1965, p. 40.
- Ecker, Tom, "Planning the Track Man's Daily Workout Schedule," October, 1965, p. 27.
- Snowberger, Dr. Campbell, "Approach to Training Track and Field Coaches in Foreign Countries," June, 1965, p. 25.
- Snowberger, Dr. Campbell, "Fundamental Training of Track and Field Coaches in the United States," June, 1965, p. 17.
- Helgren, Fred J., "Metric Units of Measure," December, 1965, p. 75.

NO ARTICLES PUBLISHED ON THESE TOPICS

Steeplechase
Board and Indoor Track Running
Promotion of Track
Track Equipment

